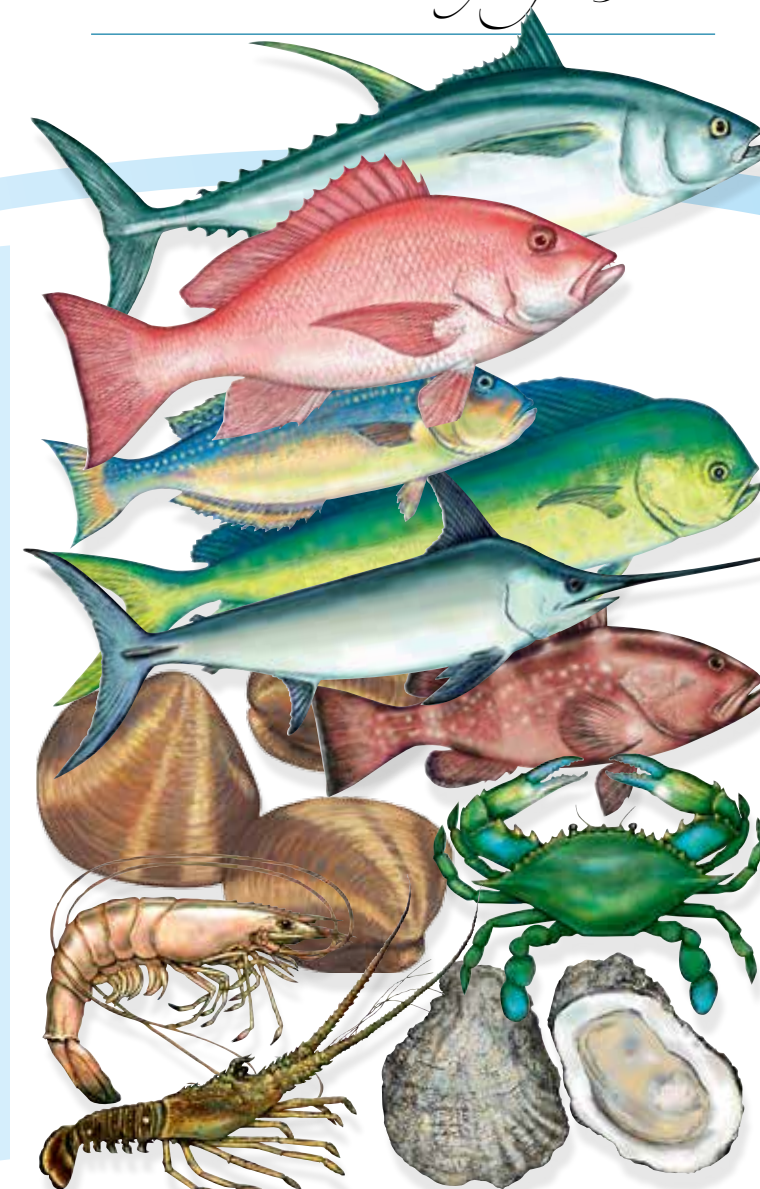


## Nutrition and Buying Guide



- To poach whole fish or fillets, gently place into simmering seasoned liquid in a covered saucepan. Cook until meat is opaque and flakes easily.
- To poach or steam oysters and clams, place in simmering seasoned liquid in a covered saucepan. Cook until shells open completely. Discard any that do not open.

### To Boil

- For soups, gently add fish to boiling broth; reduce heat and simmer until meat is opaque and cooked through.
- Add favorite seafood seasonings to 4 cups of water per pound of shellfish; bring to a boil. Add shrimp or lobster and simmer 3 to 4 minutes per pound until meat is opaque and cooked through. Do not overcook. Drain and rinse under cold water to halt the cooking process.

### Seafood Portions in the Seafood Case

- Whole fish ~ fish just as it comes from the water
- Drawn fish ~ whole fish with internal organs removed
- Dressed fish ~ ready to cook whole fish with scales, head, tail and fins removed
- Fillets ~ the fleshy side meat cut lengthwise along the backbone; generally boneless meat but may contain small bones; may have skin on one side
- Steaks ~ cross-section slices of large fish; may contain a section of backbone; meat is usually 1/2 to 1 inch thick
- Shucked ~ oysters, clams or scallops with shells removed

### Mislabeled Seafood is Illegal

If you believe a seafood product purchased from a supermarket seafood counter or a seafood retail store is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

### Health Advisories

For women of child-bearing age and small children there are health hazards associated with mercury in king mackerel, shark, swordfish and tilefish. For

information, visit the FDA food safety website: FDA.gov or the EPA website: www.epa.gov/waterscience/fish.

Persons with compromised immune systems should avoid eating raw oysters, however they can eat thoroughly cooked oysters. People in high-risk groups insistent on eating raw oysters should choose only oysters labeled “processed to reduce Vibrio vulnificus to non-detectable levels.” If unsure of your risk, consult a physician. For more information, go to Beoysteraware.com.

### How Much to Buy

Fish (raw)	Amount per serving
Whole or drawn	3/4 to 1 pound
Dressed or cleaned	1/2 pound
Fillets or steaks	1/4 to 1/2 pound

Shellfish (raw)	Amount per serving
Shrimp	Head-on 1/2 pound Head-off unpeeled 1/3 pound Peeled deveined 1/4 pound
Oysters	in shell 6 whole Shucked 1/3 to 1/2 pint
Blue Crab	in shell 3 to 4 whole Picked meat 1/4 pound
Stone Crab	Claws 3 claws
Spiny Lobster	in shell 1 pound
Clams	in shell 6 whole Shucked 1/2 pint

### Seafood Safe Handling Tips

The leading cause of most food-borne illnesses is improper food handling, preparation, and storage. To ensure good seafood quality and safety, follow these tips:

When shopping, purchase seafood last and keep it cold. Remember to ask your grocer to pack your seafood on ice for the trip home. Take a cooler if necessary to keep seafood cold.

Keep raw and cooked seafood separate to prevent bacterial cross-contamination.

After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.

Marinate seafood in the refrigerator; discard used marinade to avoid bacteria from raw juices. For basting, reserve a portion before adding raw seafood. When in doubt, throw it out! Seafood should have a fresh ocean smell, not a strong fishy odor. Do not taste a food that you think is spoiled.

### Storage Tips

Store seafood in leak-proof containers for up to three days at 34-38 degrees F in coldest part of refrigerator or up to ten months frozen.

Shelf life will vary depending upon product form and species. Live (in the shell) oysters or clams should be stored in containers with the lid slightly ajar to allow air circulation. Refrigerate live product for up to three days. Live oysters and clams will naturally open their shells during storage. Check for viability by tapping the open shells lightly. Discard any that do not close as they are not alive.

Thaw frozen seafood in the refrigerator, never at room temperature. To use frozen seafood immediately, thaw under cold running water or in the microwave using the defrost setting.

If you have seafood storage questions, ask your seafood supplier.

Always ask for Florida seafood and look for the “Fresh From Florida” logo.

**FreshFromFlorida.com/Seafood**



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**Florida Department of  
Agriculture and Consumer Services**



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# Nutrition Information



Name	Appearance	Texture Cooked	Flavor	Recipe Substitutes	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs.**	Protein	Calcium*	Iron*	Omega-3 Fatty Acid
Amberjack 	Raw: Grey/white Cooked: White	Firm	Mild	Mahi-mahi Mullet Tilefish	120	20	2g	0g	50mg	40mg	0g	24g	4% DV	4% DV	0.26g
Clams 	Raw: Ivory to yellow-gold Cooked: Tan	Soft	Mild Sweet to salty	Scallops Oysters	50	10	1g	0g	45mg	65mg	3g	10g	8% DV	20% DV	0.15g
Blue Crab 	Raw: White Cooked: White	Delicate Moist Flaky	Mild Sweet	Stone crab claws Spiny lobster Shrimp	90	10	1g	0g	80mg	320mg	0g	19g	10% DV	6% DV	0.32g
Stone Crab 	Raw: White Cooked: White	Firm	Mild Sweet	Blue crab Spiny lobster	60	0	0g	0g	45mg	300mg	0g	15g	4% DV	0% DV	NA
Grouper 	Raw: White Cooked: White	Firm Large flake Moist	Mild Sweet	Snapper Mahi-mahi Tilefish	110	20	2g	0g	55mg	65mg	0g	23g	4% DV	6% DV	0.26g
Spiny Lobster 	Raw: Pink-white Cooked: White	Firm Dense	Mild Sweet	Blue crab Rock shrimp Shrimp	90	15	1.5g	0g	120mg	140mg	1g	18g	6% DV	8% DV	0.38g
King Mackerel 	Raw: Grey with dark bands Cooked: Off-white	Soft Flaky Moist	Full	Swordfish Spanish mackerel	120	15	2g	0.5g	55mg	65mg	0g	23g	4% DV	10% DV	0.3g
Spanish Mackerel*** 	Raw: Grey with dark bands Cooked: Off-white	Soft Medium flake Moist	Full	Mullet King mackerel	150	50	6g	2g	85mg	55mg	0g	23g	0% DV	2% DV	1.1g
Mahi-mahi 	Raw: Pink Cooked: Off-white	Firm, Moist Large flake	Mild	Pompano Grouper	100	10	1g	0g	80mg	100mg	0g	22g	0% DV	6% DV	0.11g
Mullet 	Raw: Grey/white Cooked: White	Firm Small flake	Mild	Mackerel Pompano	130	35	4g	1.5g	55mg	85mg	0g	21g	4% DV	6% DV	0.35g
Oysters 	Raw and Cooked: Ivory, tan or grey	Firm Meaty	Mild Salty	Clams	80	20	2g	0.5g	55mg	190mg	4g	9g	10% DV	45% DV	0.61g
Pompano 	Raw: White Cooked: White	Firm Small flake	Mild	Mahi-mahi Snapper Flounder	130	35g	5g	1.9g	50mg	65mg	0g	19g	4g	10g	50g
Shark*** 	Raw: White Cooked: White	Firm, Dense Moist	Full Slightly sweet	Swordfish Yellowfin tuna	100	5	0.5g	0g	40mg	80mg	1g	22g	4% DV	6% DV	0.87g
Shrimp 	Raw: Pink-white to grey Cooked: White	Firm Tender	Mild Sweet	Spiny lobster Rock shrimp	120	15	1.5g	0g	155mg	170mg	0g	23g	6% DV	8% DV	0.49g
Rock Shrimp 	Raw: White Cooked: White	Firm	Mild, Sweet Lobster-like	Shrimp Spiny lobster	110	10	1g	0.5	140mg	380mg	0g	21g	25% DV	8% DV	NA
Snapper 	Raw: Pink-white Cooked: White	Firm Medium flake	Mild Sweet	Grouper Pompano Tilefish	110	10	1g	0g	45mg	70mg	0g	23g	4% DV	0% DV	0.32g
Swordfish*** 	Raw: White to pink Cooked: Off-White	Firm Dense	Full Slightly sweet	Yellowfin tuna Shark	130	35	4g	1g	55mg	105mg	0g	23g	0% DV	6% DV	0.83g
Tilefish*** 	Raw: Pink-white Cooked: White	Firm, Moist Small flake	Mild	Grouper Snapper	110	15	2g	0g	55mg	75mg	0g	22g	2% DV	2% DV	0.43g
Yellowfin Tuna 	Raw: Dark red Cooked: Red to light grey	Firm, Moist Dense Large flake	Mild to full	Swordfish Mahi-mahi Shark	130	20	2g	0.5g	50mg	70mg	0g	26g	0% DV	4% DV	0.23g

## Cooking Tips

### To Bake or Broil

- Bake fish at 400 degrees or broil for 10 minutes per inch of meat thickness. If meat is more than ½-inch thick, turn over halfway through the cooking time.
- Bake shucked oysters or clams for 10 minutes at 450 degrees until opaque and edges begin to curl.
- Baste shellfish and fish with low fat content with oil or butter to retain moisture. Do not overcook as meat will toughen.
- Broil peeled shrimp, shucked oysters and shucked clams for 3 to 5 minutes. Rock shrimp cook in ½ the time of regular shrimp.
- When cooking fish in a sauce or foil, add 5 minutes to the cooking time.

### To Fry

- To pan-fry fish, cook fillets 3 to 6 minutes per side in ⅛-inch of oil until golden and fish flakes easily.
- To pan-fry or sauté shrimp and scallops, cook for 7 to 9 minutes; shucked oysters or clams for 3 to 5 minutes.
- To deep-fry, cook breaded fish or shellfish in 365 degrees oil for 3 to 5 minutes or until golden brown.

### To Grill

- Grill fish on a well oiled surface 4 to 6 inches above a medium-hot fire. Use a grill basket or keep skin on to prevent the meat from falling through the grill.
- Grill shrimp in a basket or on skewers over medium heat.
- Place oysters and clams directly on grill or in a grill basket.

### To Steam or Poach

- To steam, season fish with herbs and spices then place in a steamer basket over simmering liquid (water with vinegar, dry wine, beer, or lemon juice added) in a saucepan. Cover and cook until meat is opaque and flakes easily.

\*DV=Daily Values, \*\* Dietary fiber and sugars exist in insignificant amounts in seafoods. Source: Sullivan, A.L. and Otwell, W.S. 1991. Note: Illustrations not to scale  
 \*\*\* Fish and shellfish are good sources of high quality protein, are low in fat and have other health benefits. Health experts recommend we include 2 servings a week in our diet. However, FDA advises that pregnant women, women who may be come pregnant and small children not eat king mackerel, swordfish, shark or tilefish as they may contain high levels of mercury. The FDA and EPA advise this group to eat other fish and shellfish to enjoy the health benefits of seafood. For additional information go to these websites: FDA at [www.cfsan.fda.gov/seafood1.html](http://www.cfsan.fda.gov/seafood1.html) or at [www.epa.gov/ost/fish](http://www.epa.gov/ost/fish).